



# Specialty Classes

**Autonomy In Movement (AIM) helps people explore an autonomous, brave and life-enhancing relationship with movement. Our specialty classes provide a regular and community-centred option to engage in movement in an informed space.**



## Movement My Way

A peer-led class specifically designed with and for people living in bigger bodies who have experienced shame, stigma, judgement or trauma in the movement setting. MMW aims to help attendees explore an autonomous, brave and life-enhancing relationship with movement in a mirror-free, shame-free, size-inclusive and trauma-informed space.

**Tuesdays 6.30pm & Saturdays 10.15am**



## Movement My Way: Strength

An extension of the original Movement My Way class for people living in bigger bodies with a specific focus on strength.

*Note: For the sole purpose of access to equipment, this class is located in a private gym so mirrors, external members and weight-related messaging may be present. It is recommended participants begin in the original MMW class then move to this class only if it feels safe to navigate fitness culture in an informed and empowering way. We therefore recommend checking in with Alanah prior to attending.*

**Wednesdays 6pm**



## Reclaiming Movement

A peer-led class specifically designed with and for people living in a variety of bodies and navigating a range of clinical conditions, who wish to explore an autonomous, brave and life-enhancing relationship with movement in a mirror-free, shame-free, size-inclusive and trauma-informed space.

**Saturdays 9.15am**

## Additional information

**Locations:** Tuesday classes are located at Autonomy In Movement (8/56 Douglas St, Milton QLD 4064) and Saturday classes are located at Riverside Fitness: 6 Landsborough Terrace, Toowong QLD 4066.

**Duration:** 60min "Movement My Way"; 45min "Moving Toward Recovery".

**Pricing:** \$25-\$35/class depending on pack chosen; 1:1 initial consult with Senior Accredited Exercise Physiologist required. Rebates may apply.

**Safety:** Medical clearance may be requested on a case-by-case basis, and attendees must advise Alanah if they are experiencing any symptoms or conditions in addition to those already reviewed at the initial consult.

**Autonomy In Movement PTY LTD**  
**Alanah Reilly (she/her)**  
**Founder and Director**  
**Accredited Exercise Physiologist (Hons)**  
 Provider no.:5182279T

+61 421 866 717  
 contact@autonomyinmovement.com.au  
 8/46 Douglas St Milton QLD 4064

# All the details!

## Class Pricing structure:

- Packs: \$25/class for a 10 pack (\$250) OR \$30/class for a 5 pack (\$150)
  - Discount 5% if paid upfront
  - Class pass used if cancellation occurs within 24h for any reason
- Casual: \$35 class
  - 50% cancellation fee applies for cancellations within 24h for any reason
- A complimentary class trial can be provided.
- Pricing terms:
  - The payment system used for classes is Stripe, and no manual payments will occur
  - Packs to be used within 12mo



## Initial consult and eligible rebates:

- An initial 1:1 consult (face to face or Zoom; 50min) with Alanah must occur prior to attending the classes. Rebates may apply as below:
  - If using a Medicare Chronic Disease Management Plan (CDMP): You settle \$220 (includes 30-60min post-initial for case formulation, letter writing, the emailing of any resources and contact with your treating team), then AIM then processes your \$56 rebate which is paid to your account within 1-3 days. Note, you may receive up to x5 rebatable 1:1 sessions per calendar year under this plan.
  - If using a Type 2 Diabetes Melitis Care Plan (T2DM plan): You settle \$220 (as above) then AIM processes your \$71.80 rebate which is paid to your account within 1-3 days. Note, under this plan, you can only receive x1 rebatable 1:1 session per calendar year (plus x8 group rebated sessions; see details below). To add more rebatable sessions, many people then switch to using their CDMP for an additional x5 rebatable 1:1 sessions per calendar year.
  - If utilising NDIS: \$166.99 (60min as per NDIS guidelines) is processed by you if you are self-funded or otherwise by your plan manager.
  - If using Private Health: You settle \$220 (as above) then you can process your rebate with your fund, which will vary depending on the fund you are with and the level of cover you are eligible for. Speak with your fund for more information.

## Review consults and eligible rebates:

- 1:1 periodic reviews are recommended (either 50min or 30min). It is recommended these occur every 1-3 weeks for 1-6 sessions, or at a longer frequency if that suits you best (e.g. quarterly). These sessions cover the theory and practice of safe movement in a way that is completely specific to you, your needs and your goals, and they can also assist with problem solving and adjusting your movement as required.
  - If you are using a Medicare Chronic Disease Management Plan (CDMP): You settle the cost (\$175-\$185, depending on casual or pack sessions; for 50min) or \$95 (for 30min), then AIM processes your \$56 rebate which is paid to your account within 1-3 days. Rebates remain consistent regardless of the duration of the consult.
  - If you are utilising NDIS: \$166.99 (60min) or \$83.50 (30min) is processed by you if you are self-funded or otherwise by your plan manager.
  - If you are using Private Health: You settle as per point 1a and you can then process your rebate which varies depending on the health fund you are with and the level of cover you have. Speak with your fund for more information.

## Medical clearance and safety:

- Medical clearance is sought on a case-by-case basis. It must be provided prior to attending classes if requested by Alanah.
- Safety is our first priority. Therefore, attendees must advise Alanah if they are experiencing or have experienced any symptoms in the past week at each class (**see table**).
- For safety purposes, class attendees must consume:
  - Fluids and a **snack** within 1hr before AND 1hr after the class, OR
  - Fluids and a **meal** within 2hr before AND 1hr after class
  - If attendees are not able to have fluids and at least a snack before or after class, non-perishable items will be available to purchase at the class using your Stripe account (e.g. muesli bars, etc).

## Team correspondence

- Letters, emails and/or calls will occur between AIM and the treating team members you consent to us engaging with. This is to help ensure your continuity of care and safety are achieved.

## Language:

- All AIM classes are to remain respectful and inclusive. Discussions which encourage food restriction, dieting, compensatory behaviours, self-harm, hate speech or anything similar will not be tolerated. A one-off warning will be provided and if the discussion occurs again, the individual will be asked to leave the class indefinitely. Conversely, respectful and inclusive discussion is encouraged in each class.

## Class structure:

- The exercises, which include multiple variations, will change once per month. Your own intensity may be chosen depending on safety and what feels best for you. Note: If you are currently in recovery from an eating disorder, specialty evidence-based and best-practice exercise guidelines will apply and will be discussed in the initial consult and at each class.

## What to bring:

- Please bring a towel and water bottle, and a snack or meal for before and/or after the class.

## Location details:

- The Tuesday class is located at AIM (addresses on previous page). The Saturday classes are located at Riverside Fitness.
- Curtains over mirrors: Curtains are placed over the mirrors so our focus can be on how we feel, not how we look, during movement (as well as for a variety of other reasons).

## Parking:

- At AIM: Approximately 8-10 free spots are available in the AIM car park. On-street metered and unmetered parking is also available. See the FAQ section on our website, "Parking", for more.
- At Riverside Fitness: 8 free spots are available at the Riverside car park, however parking can be in high demand. As per direction from Riverside, attendees must leave immediately after the class if parked in the Riverside car park due to limited spaces. Alternatively, the Regatta car park is available at your own discretion. On-street parking is available and is metered and monitored closely.

## Amenities and accessibility:

- Bathroom facilities are available at both locations however are unfortunately labelled "male" and "female" and are not disability-accessible. This is out of AIM's control and we will continue to work to change this situation. A shower is available at Riverside Fitness.
- Classes at the AIM studio are on ground level with 2 small steps required to enter the building (or 1 if entering from the path along the side of the building). Classes at Riverside Fitness unfortunately have -10 stairs to the group room.

## Feedback:

- Feedback is always encouraged by attendees, families and teams. Feedback will be sought via verbal discussion and/or written questionnaires or emails. Classes are peer-led and therefore ongoing adjustments can be made to ensure the classes are tailored to the attendees. AIM is working to bring together a committee of individuals who occupy the identities of the people we work with and serve to help make the feedback process more equitable and just.

## About Alanah Reilly

### Founder and Director and Accredited Exercise Physiologist (Hons.)



Alanah Reilly, AIM's founder and director, is an Accredited Exercise Physiologist with an advanced scope in eating and weight concerns and relationships with movement. Alanah is also a cofounding director and active board member of the Safe Exercise at Every Stage (SEES) Clinical Guidelines for the management of safe exercise in eating disorder recovery. Alanah has completed a range of specialised training in eating disorders, inclusivity and trauma-informed care. She is an invited writer and presenter for Exercise and Sports Science Australia, The Royal Australian College of General Practitioners, Education in Nutrition, the Queensland Academy of Sport, and the Queensland University of Technology on the topics of safe movement and non-abstinence during recovery from an eating disorder, as well as size diversity and trauma-informed care in the movement setting. Finally, Alanah has presented at annual conferences for both the International Academy for Eating Disorders as well as the Australia and New Zealand Academy for Eating Disorders. In her spare time, Alanah loves hanging out with her husband, Sean (also an AEP), playing with her rescue dog Lola (half Border Collie, half Kelpie, who lives with OCD), having brunch either alone or with friends/family, watching documentaries, resting, exercising and working on a range of fun side projects.

Medical symptoms				
High, low or irregular resting heart rate	Food restriction	Paleness	Pins and needles	Seizures/convulsions
High or low resting blood pressure	Vomiting	Difficulty concentrating	Light headedness	Loss of balance
Postural tachycardia	Diet pill use	Sleep concerns	Confusion	Asthma attack
Orthostatic hypotension	Laxative use	Nausea	Leg cramps	Anaphylactic reactions
ECG abnormalities	Self-harm	Cold or clammy skin	Cold or hot temperature	Surgeries
Blood test abnormalities	Fainting or near fainting	Wheezing	Bluish skin colour	Headaches
Recent weight loss	Dizziness	Oedema (fluid retention)	Mood concerns	Pregnancy
Recent refeeding	Loss of limb control	No or irregular period	Fatigue	Regular painful uterine contractions
Recent hospitalisation	Shortness of breath	Gut concerns	Muscle pain or weakness	Persistent vaginal bleeding or loss of fluid
Any other symptoms or conditions not listed that may require special consideration to exercise.				